

What should my blood pressure be?

Your blood pressure should be below 140/80 unless your doctor helps you set a different goal.

Blood pressure is the force of blood flow inside your blood vessels. Blood pressure is written with two numbers separated by a slash and is said as “140 over 80.” The top number is the pressure as your heart beats and pushes blood through your blood vessels. The bottom number is the pressure as your blood vessels relax between heartbeats.

High blood pressure forces your heart to work harder to pump blood. High blood pressure can strain your heart, damage blood vessels, and increase your risk of heart attack, stroke, eye problems, and kidney problems.



Many people with diabetes also have high blood pressure. But keeping your blood pressure at your goal will help prevent damage to your heart, blood vessels, and other parts of your body. Healthy meal planning, medicines, and physical activity can help you reach your blood pressure goal.

Have your blood pressure checked at every medical visit. Ask your doctor whether you need medicine to control your blood pressure.

